Health Gem

Dr. Olson

Influenza Part 1: Sorting Out the Flu Confusion



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having early wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

Over the course of these next 3 articles, I would like to clear up some confusion surrounding the "normal" yearly flu, flu vaccination, swine flu, and take a look at some previous flu pandemics.

Just a couple weeks ago a new viral flu strain emerged, and already officials are concerned of a possible global pandemic. For those of you unfamiliar with the term, a pandemic is an epidemic (a disease that spreads rapidly and extensively) that reaches throughout an entire continent or possibly the entire globe. In less than 3 weeks according to the World Health Organization (WHO), 1,419 people are already confirmed infected in at least 21 countries and there are 30 confirmed deaths.

DEFINE "CONFIRMED"

First, let's take a look at this "confirmed" business. For the record, just because some cases are "confirmed" in a lab does NOT mean that those are the only cases. So, according to the CDC's methods, if someone contracts what *appears* to be the swine flu (H1N1) or dies from what *appears* to be the swine flu, unless it has been confirmed in the labs of the CDC (Centers for Disease Control), it does not count. Ok, that's fair. So, forget about all the other *possible* swine flu infections and deaths, let's go with the CDC numbers and say that at least 1,419 people are infected and at least 30 people have died so far.



Well that's not bad, you say! All the reports going around are saying that the "regular" yearly flu kills 36,000 each year! But where does this number even come from? Interestingly enough, these 36,000 cases are "estimated" not "confirmed". Wait; didn't we just say that the CDC only counts cases based on a confirmation in their lab? Then those 36,000 must not count, right? That's not what they're saying. But it gets worse.

Turns out, even the "estimate" is pretty deceptive. "According to the CDC's own official records documented in National Vital Statistics Reports, only a **few hundred** people die from influenza (flu) on an average year. And many of these deaths occur in people with preexisting conditions, weakened immune systems, and the elderly… In 2001, just 257 people died from the flu. (Fifty-nine percent of these deaths occurred in people 75 years or older; 75 percent occurred in people 55 years or older.) To put these numbers in perspective, 3,454 Americans died from malnutrition in 2001 -- 13 times greater than the number of flu deaths!" (1)



Only a few hundred? How did the number skyrocket from 257 to 36,000 and why? To bulk the number up, they have to count more deaths than what are actually caused by the flu. They add deaths from other causes. More than 34,000 of the 36,000 "flu deaths" are what officials estimate are "influenza-*associated*" pneumonic and cardiovascular deaths.

Keep in mind that the flu is a viral infection, while pneumonia is bacterial. So, even though people with the flu can get pneumonia, these are two totally different diseases and therefore should be listed as separate numbers on the death tally. But the pneumonia deaths far outweigh the flu deaths, so they add the number together to make the flu deaths seem more than they really are.

BILLION-DOLLAR PRODUCTS

So who would want the public to think they were more at risk for death from the flu than they actually are? Actual flu deaths each year typically range between 200-800, so why would someone want us to think it's 180 times higher? Who stands to benefit from this ridiculously inflated number of deaths? Think flu vaccine. Take a look at these quotes:

"Just a few years ago, the



pharmaceutical industry was fleeing the vaccine field in droves because it just didn't pay. Global vaccine sales in 2004 were a *mere* $8 billion, less than those of some individual blockbuster drugs. But since then, the economics have changed dramatically. "Vaccines used to be unprofitable, but they've now demonstrated they can be billion-dollar products," says Rahul Singhvi, CEO of Rockville (Md.) vaccine startup Novavax (NVAX)." (2)

"Vaccine sales are a bright spot in the drug industry, growing faster than sales of other prescription medicines." (3)

"The vaccine business segment currently generates the majority of our revenues and gross profit and has become an increasingly important part of our business model. Vaccine business segment revenues totaled $17.9 million, an increase of 278% over the prior year period when we initially launched vaccines." (4)

"Already vaccines have become big business for pharmaceutical giants like GlaxoSmithKline, Sanofi Pasteur and Merck & Co.. For e.g., GSK Bio, GSK's vaccines arm, accounted for 8.4 percent of GSK's pharmaceutical turnover in 2006. And it is expected that by 2012 companies like GSK, Sanofi-Aventis, Merck & Co., and Wyeth vaccines arm will fetch them more than 10 percent of sales from vaccine as a percentage of overall pharma sales." (5)

Sanofi-Aventis SA expects global vaccine sales to double to $34 billion by 2016 and will invest 6.2 billion by then to expand its production capacity to meet soaring demand, the head of the company's vaccine unit said. (6)

With this much money at stake, it would obviously benefit the pharmaceutical companies to cause patients (a.k.a. customers) to believe that there is more of a need for a vaccine than there actually is. More people taking the vaccine equals more sales for the company.

HARMFUL INGREDIENTS

To make matters worse, not only are the numbers inflated and deceptive in order to generate profits, but flu shots actually contain a number of substances which may have adverse effects on health:

Mercury: Two-thirds of the vaccines made for the 2008–09 flu season contain full-dose thimerosal, an organomercury compound, 49% mercury by weight. It is used to disinfect the vaccine. Each of these flu shots contain 250 times more than the Environmental Protection Agency's safety limit. Mercury is a neurotoxin, with a toxicity level 1,000 times that of lead.

Formaldehyde: A known cancer-causing agent is used to inactivate the virus.

Aluminum: Added to promote an antibody response, is a neurotoxin that may play a role in Alzheimer's disease.

One investigator has reported that people who received the flu vaccine each year for 3 to 5 years had a **ten-fold** greater chance of developing Alzheimer's disease than people who did not have any flu shots. (7) The reason being that the flu vaccine contains aluminum and mercury. As these heavy metals gradually build up in the brain they cause difficulty in multi-tasking, trouble with arithmetic, difficulty with thinking and language skills, and memory loss.



WHO REALLY NEEDS A FLU SHOT?

Not only are there harmful ingredients, but there is also a lack of evidence that young children and the elderly (those most susceptible to the illness) even benefit from flu shots. "A systematic review of 51 studies involving 260,000 children age 6 to 23 months found no evidence that the flu vaccine is any more effective than a placebo". (8)

"The influenza vaccine, which has been strongly recommended for people over 65 for more than four decades, is losing its reputation as an effective way to ward off the virus in the elderly. A growing number of immunologists and epidemiologists say the vaccine probably does not work very well for people over 70, the group that accounts for three-fourths of all flu deaths." (9)

IS FLU VACCINE EFFECTIVE?

And while these pertain to the young children and the elderly, it is becoming a more widely accepted view that the flu vaccine is often ineffective across the board for all ages. The reason being this: "there are three main types of flu virus, and each type can mutate, or change, from year to year. Thus, there are literally **thousands** of possible strains. (Each strain is thoroughly analyzed and given a proper name, often a title associated with the place where it was initially discovered.) Every year health officials produce a new flu vaccine containing three mutated strains of flu virus. To determine which strains to use, officials travel



to China at the beginning of the year to assess circulating flu viruses in that region of the world. They try to ***guess*** which strains will reach the United States by the end of the year. Production begins, and the new vaccine is usually available by October. Flu "experts" often guess wrong. For example, in 1994 they predicted that Shangdong, Texas, and Panama strains would be prevalent that year, thus **millions** of people were vaccinated with a flu shot that contained these viruses. However, when winter arrived, the Johannesburg and Beijing strains of influenza circulated through society. The vaccine was ineffective. This happened again in 1996, and again in 1997. More recently, the vaccine created for the 2003-2004 flu season contained flu strains that did not circulate through society that year. Officials were once again forced to admit that millions of people were vaccinated with an ineffective vaccine. Yet**, flu fatalities did not increase during these years.**" (10) So if the vaccine was admittedly completely ineffective, how was there no increase in flu deaths from previous years when the vaccine was supposedly "effective"? Unless, it really has little to no effect.

WHO REALLY BENEFITS FROM THE FLU SHOTS?

So, knowing all this information, why would the CDC continue to not only promote the flu shot heavily, but widen the "recommended" ages for the shot? "The CDC's 15-member Advisory Committee on Immunization Practices (ACIP) makes recommendations each year on who should be vaccinated. Ten years ago, for the 1999–2000 season, the committee recommended that people over age 65 and children with medical conditions have a flu shot. Seventy-four million people were vaccinated. Next season (2000–01) the committee lowered the age for universal vaccination from 65 to 50 years old, adding 41 million people to the list. For the 2002–03 season, the ACIP added healthy children 6 months to 23 months old, and for 2004–05, children up to 5 years old. For the 2008–09 season the committee has advised that healthy children 6 months to 18 years old have a flu shot each year. Its recommendations for influenza vaccination now cover 256 million Americans – 84 percent of the U.S. population. Only healthy people ages 19–49 not involved in some aspect of health care remain exempt." So we're looking at a possibly completely ineffective vaccine, now being suggested for 84% of the U.S. population. So the question is asked, why? The answer: Turns out, almost all the ACIP members who make these recommendations **have financial ties to the vaccine industry**.

ARE DOCTORS AND NURSES IMMUNE?

"The CDC mounts a well-orchestrated campaign each season to generate interest and demand for flu shots. Along with posters for the public, flyers, and health care provider materials, it encourages doctors to "recommend/urge flu shots." Medical groups, non-medical organizations (like the YMCA), and the media trumpet CDC-released messages on influenza, notably: "Flu kills 36,000 per year," "This could be a bad/serious flu year," and "Flu vaccine is the best defense against flu." (11)
"Every fall, the public is barraged by messages from doctors, nurses and other health care providers to get a flu vaccination to protect against the influenza virus. But the truth is, some doctors and nurses might talk the talk without walking the walk. According to the most recent data from the Centers for Disease Control and Prevention, a significant chunk of health care professionals declined to get vaccinated against the influenza virus during the 2006-07 flu season, with only about 40 percent opting for a jab." (12)

Why in the world would doctors and nurses being exposed to the flu virus on a regular basis turn down a flu shot? We're not talking a few here and there, but 60% of our doctors and nurses. Unless, they know something they're not telling us.
This national mass vaccination policy reaps millions in profits for drug companies. In fact flu vaccine makers depend heavily upon the success of the CDC's marketing campaign, which instills fear and anxiety in the population as its main strategy for persuading all Americans to grab their children, run to the nearest hospital, and beg for the shot.

WAS THERE LIFE BEFORE FLU VACCINE?

So what did people do before flu vaccines? From the way the medical world makes you feel each year about the shot, you'd think that without it humankind would most certainly go extinct! But of course, that's not true.





"In the old days, everybody got the flu that was going around that year and developed antibodies the old fashioned way. And then when that type of flu came around again a few years or decades later, immunological memory served as buffer so those who had already had experience with it either didn't get it again or it was a lot milder. The flu vaccine marketers are using fear tactics to try to take away all immunological memory with type A and type B flu from our population. What will that make us? Vaccine dependent, of course." (13)

If all this isn't enough, not only are they recommending getting one flu shot this year, but since the recent Swine Flu outbreak, "the Obama administration is considering an unprecedented fall vaccination campaign that could entail giving Americans three flu shots -- one to combat annual seasonal influenza and two targeted at the new swine flu virus spreading across the globe. If enacted, the multibillion-dollar effort would represent the first time that top federal health officials have asked Americans to get more than one flu vaccine in a year, raising serious challenges concerning production, distribution and **the ability to track potentially severe side effects**." (14)

If 3-5 flu shots over a 10 year period increases your chances of Alzheimer's 10% (as quoted above), can you imagine what all 3 together at the same time might do? Keep in mind the numerous reported side effects from taking the flu shot (including the paralytic illness Guillain-Barre) and the ever-present possibility of tainted drugs (like the batch just weeks ago produced by pharmaceutical company, Baxter, that was found tainted with **live** Avian Flu virus (15)). Does anyone know what would happen if we took 3 shots at once? No. There hasn't been enough time or testing to tell, yet the government (along with the pharmaceutical industry) is considering doing this. Can you say "guinea pig"?

WHAT TO DO, WHAT TO DO?

So, what should you do this year? If you are one of the many people opting out of a (possibly completely ineffective) flu shot, is there anything you can do? Of course! There are many natural ways (without harmful chemicals, side effects, or live virus) that will actually boost your immune system and help stave off the influenza virus. Making sure you get plenty of rest, eating plenty of fresh fruits & vegetables, getting out in the fresh air and sunshine, staying hydrated with pure water, whole food vitamin C supplements like C-Blast, immune boosters like Mighty Immune Plus,



and, if you do start to come down with something, natural antivirals like Ultra Fighter can help your body to heal faster and get you back on the road to health in no time.

Oh, and remember I said a batch of flu vaccines made by Baxter were tainted with live virus a few weeks ago? Guess who has been chosen to head up efforts to produce a new vaccine for the recent Swine Flu? You guessed it, our pals at Baxter. But I'm sure that wouldn't happen again. Or would it…?

Wait! What about the Swine Flu? Is it the same as the "regular" flu that goes around each year? Is there really anything to worry about? Stay tuned next month to find out!

*Ask your health provider (MD, Naturopath, or other health professional) about flu shots, and make your decision based on that. Hope For Health does not dispense medical advice. The point of the article is to show that there are conflicting opinions about vaccines, flu shots, and other treatments.

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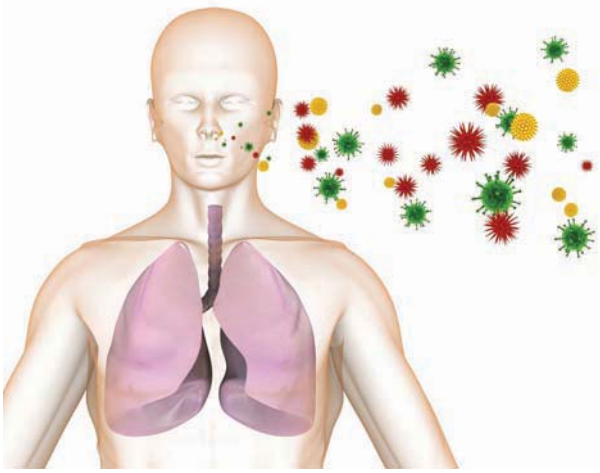


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Influenza Part 2: Seasonal Flu vs. Swine Flu

I had a little bird,
Its name was Enza,
I opened the window,
And **in-flew-enza.**
-American Skipping Rhyme
circa 1918

Last month I addressed a few aspects of "seasonal" flu and the effectiveness of seasonal flu shots. I reported that in less than 3 weeks (according to the World Health Organization), 1,419 people were confirmed infected in at least 21 countries and there were 30 confirmed deaths. Those numbers are already on the rise. Four days ago, there were 3,440 confirmed cases of "swine" flu in 29 countries, with 48 deaths from the sickness. As of today, the number of confirmed H1N1 flu cases worldwide has skyrocketed to 11,000 people in 41 countries and including 85 deaths. (1) Yet, although these numbers are getting high, most of us are still fairly unaffected by this illness, and are wondering if there is really any cause for concern.



SUPPOSED DEATHS vs. ACTUAL DEATHS

I mentioned last month the discrepancies in supposed flu deaths and actual flu deaths. According to the CDC "about 36,000 people die from flu-related causes" (2) each year. Yet, "according to the CDC's National Center for Health Statistics (NCHS), "influenza and pneumonia" took 62,034 lives in 2001—61,777 of which were attributed to pneumonia and **257 to flu**, and in **only 18 cases was flu virus positively identified**. (3) So we're talking about 18 actual, confirmed, for-sure cases, 257 possible cases, and 36,000 "estimated" cases of "seasonal" flu. So why, all of a sudden, are reports all over the news now saying that seasonal flu kills over 500,000 people each year? It seems they are downplaying the severity of the swine flu and trying to make everyone feel like the seasonal flu is the one to worry about. "Unfortunately, the cause of most deaths that may be related to influenza is not verified by any virological testing for infection by the virus… Most often there is **no** evidence of what virus or other agent was the cause of death, especially for viral pneumonias." (4)

Now, I'm not saying that there are "only" 18 deaths from the flu each year. I'm sure there are more than those, and many more that are related. But what is so interesting is that they can drastically over-exaggerate the numbers for seasonal flu, yet for this new outbreak, they are only counting the cases that have actually been confirmed in a laboratory. This of course will prevent widespread panic, but will it also cause people not to prepare in case this is the next big pandemic? Will it cause them to eat, drink, and be merry with no concern for what could be coming?

Last month I ended the article with a couple unanswered questions:

1. Is Swine Flu (H1N1) the same as the "regular" flu that goes around each year?
2. Is there really anything to worry about?

THE SPANISH FLU OF 1819

"Around Thanksgiving 2005 a teenage boy helped his brother-in-law butcher 31 pigs at a local Wisconsin slaughterhouse, and a week later the 17-year-old pinned down another pig while it was gutted. In the lead-up to the holidays the boy's family bought a chicken and kept the animal in their home, out of the harsh Sheboygan autumn. On Dec. 7, the teenager came down with the flu, suffering an illness that lasted three days. He visited a local clinic, then fully recovered, and nobody else in his family took ill.

This incident would hardly seem worth mentioning except that the influenza virus that infected the Wisconsin lad was unlike any previously seen. It appeared to be a mosaic of a wild-bird form of flu, a human type, and a strain found in pigs. It was an H1N1 swine influenza. Largely ignored at the time, the Wisconsin virus was a step along the evolutionary tree, leading to a virus that four years later would **stun the world**." (5)

Unlike any previously seen virus

Have you ever heard of the Spanish Flu/1918 Flu? If not, don't feel bad, many people haven't. In fact, it is almost as if it has been erased from our history books and our memories. When asked, the majority of people say they had never even been taught about it in school. Yet it wasn't some strange rare disease that only killed 2 people on some remote island. This was a disease that struck in **pandemic** proportions, killing both the young and the old indiscriminately. This disease killed more people than all of the

wars this century combined. It killed up to 100 million people worldwide in less than a year. Yet, most people have never even heard of it. So, let's go back and take a good look at history and hopefully we will be able to learn from it.

"They call the plague of 1918 "influenza", but it was like no influenza ever seen before. It was more like a biblical prophecy come true. Like something from the book of Revelation.

The plague took off in September of that year, and when it was over, more than a half million Americans would lie dead. The illness spread to the most remote parts of the globe. Some Eskimo villages were decimated, nearly eliminated from the face of the earth. Twenty percent of western Samoans perished. Children were orphaned, families destroyed. Some who lived through it said it was so horrible that they would not even talk about it. Others tried to put it behind them as another wartime nightmare, somehow conflating it with the horrors of trench warfare and mustard gas. It came when the world was weary of war. It swept the globe in months, ending when the war did. It went away as mysteriously as it appeared. And when it was over, humanity had been struck by a disease that killed more people in a few months' time than any other illness in **the history of the world**.

When we think of plagues, we think of strange and terrible illnesses. AIDS. Ebola. Anthrax spores. And of course, the Black Death. But influenza never makes the list of deadly plagues. It seems so innocuous." (6)

"On March 11th, 1918 an Army private reported to the camp hospital before breakfast. He had a fever, sore throat, headache... nothing serious. One minute later, another soldier showed up. By noon, the hospital had over a hundred cases; in a week, 500. That spring, forty-eight soldiers -- all in the prime of life -- died at Fort Riley, Kansas. The cause of death was listed as: pneumonia. The sickness then ***seemed*** to disappear -- leaving as quickly as it had come." (7)



A TINY, SILENT COMPANION

"That summer and fall, over one and a half million Americans crossed the Atlantic for war. But some of those doughboys came from Kansas. And they'd brought something with them: a tiny, silent companion. Almost immediately, the Kansas sickness resurfaced in Europe. American soldiers got sick. English soldiers. French. German. As it spread, the microbe mutated -- day by day becoming more and more deadly. By the time the silent traveler came back to America, it had become a relentless killer." (8)

When the disease re-emerged in America in September, it began gaining publicity. It was announced that the flu had reached "epidemic" proportions. But most officials, however, failed to recognize the growing threat. The Health Commissioner of New York City at the time, Royal Copeland, even issued a contrary statement saying, "The City is in **no** danger of an epidemic. No need for our people to worry." Right before the surge of the pandemic, San Francisco public health officials had been downplaying the potential dangers of the flu. Dr. William Hassler, Chief of San Francisco's Board of Health, had gone so far as to predict that the flu would not even reach the city. That was in early September.

People wanted to think that this influenza was similar to a common cold or regular seasonal flu, but this strain of influenza, H1N1, was far from innocuous.

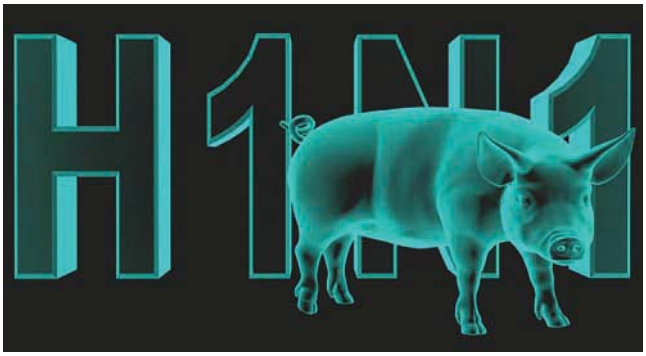
The same month (September), it began to strike the military bases. Dr. Victor Vaughn, acting Surgeon General of the Army, received urgent orders to proceed to Camp Devens near Boston. Once there, what Vaughn saw would change his life forever. In a letter written to a fellow physician, Dr. Vaughn wrote: "I saw hundreds of young stalwart men in uniform coming into the wards of the hospital. Every bed was full, yet others crowded in. The faces wore a bluish cast; a cough brought up the blood-stained sputum." (9)

"On the day that Vaughn arrived at Camp Devens, 63 men died from influenza. An autopsy revealed lungs that were swollen, filled with fluid, and strangely blue. Doctors were stunned: what was happening to these lungs? When the strange new disease was finally identified, it turned out to be a very old and familiar one: influenza: the flu. But it was unlike any flu that any one had ever seen." (10) Young people in strapping good health and without symptoms could be struck suddenly and within hours be too feeble to walk. Many died the very next day.

DESIGNER FACE MASKS

Attempts were made to keep the disease from spreading. Red Cross workers worked tirelessly around the clock making gauze masks and helping the sick. Flu masks were so common, fashion designers began to make them out of expensive fabrics and sell them as a fashion accessory. No one would be caught outdoors without one, as the disease continued its ravaging course. Yet, "the number of cases sometimes jumped by 800 or more people a day, and





citizens were advised to cease shaking hands. Libraries stopped circulating books, and Dr. [Royal] Copeland's calls for calm sounded less cavalier and more urgent." (11)

It was now that they began to enforce rules to try to stop this deadly virus.

But it was too late. The disease had already started to spread…and rapidly. Houses were quarantined, and no one was allowed in or out. Wearing gauze masks became mandatory. While some cities enforced mask laws, some were even under martial law. (Keep in mind, this is the same month that authorities in

San Francisco and New York said there was nothing to fear!) Posters and signs were posted throughout cities all over the country. Yet the disease kept spreading. Spitting was prohibited. "Chicago police officers were ordered to arrest anyone sneezing or coughing in public. In Nashville, all public gatherings—including in movie houses, dance halls and pool parlors— were prohibited. Even ministers were ordered not to hold church services." (12)

NO CONTROLLING THIS DEADLY VIRUS

Despite these efforts, there was no controlling this deadly virus. It just kept spreading and spreading. It was just so easily transmitted. Just one cough or sneeze could release millions of droplets of virus and infect countless other people. In the month of September, some 12,000 people died of influenza in America. But those numbers would soon be dwarfed. For the full horror now began. October would be the cruelest month. "One agonized official in the stricken east sent an urgent warning west: Hunt up your wood-workers and set them to making coffins. Then take your street laborers and set them to digging graves." (13)

"The morgues were packed almost to the ceiling with bodies stacked one on top of another. The morticians worked day and night," wrote Navy nurse Josie Brown, who was stationed at Great Lakes Naval Station near Chicago. "You could never turn around without seeing a big red truck loaded with caskets for the train station so bodies could be sent home. We didn't have the time to treat them. We didn't take temperatures; we didn't even have time to take blood pressure. We would give them a little hot whisky toddy; that's about all we had time to do. They would have terrific nosebleeds with it. Sometimes the blood would just shoot across the room. You had to get out of the way or someone's nose would bleed all over you." (14)

In Philadelphia, death carts roamed the city. It was a scene from the time of the Black Plague. So many people died until they were instructed to ask for wooden boxes and to put the corpse on the front porches. An open truck came through the neighborhoods and picked up the bodies. Still, the dead sometimes lay in the gutters, abandoned. Over at Potter's Field, they began to use a steam shovel to dig trenches. For graves. Mass graves. (15)

Death carts roamed the city

"The doctors didn't know what to do for the treatment of these patients. The ambulances would arrive in the morning, the drivers would bring in four living patients, but the nurses would go ahead and wrap these patients in the winding sheets and they would put toe tags on the boys before they were even dead. One doctor told a patient's wife, this is my twenty-fifth case. And I've lost the first twenty-four. A twelve-year-old boy was told by his doctor, "Get on the waiting list for a casket". "(16)

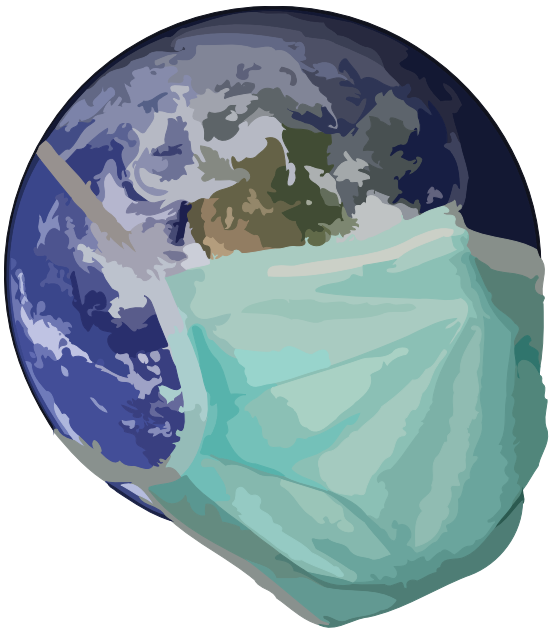
Acting Surgeon General Dr. Victor Vaughn wrote: "Two hours after admission they have the mahogany spots over the cheek bones, and a few hours later you can begin to see the cyanosis extending from their ears and spreading all over the face, until it is hard to distinguish the colored men from the white. It is only a matter of a few hours then until death comes, and it is simply a struggle for air until they suffocate. It is horrible." (17)

Soldiers dropped like flies on the battle front, not from injuries of war, but from this deadly bug. In an Alaskan village, out of 77 adults in the village, 72 died. Leaving only 5 adults and 46 orphaned children. The flu was so bad that during the year of 1918 the average American lifespan **dropped by at least 12 years**.



Just one month after the declaration of safety and being told that the flu would **not** reach epidemic proportions, 851 people died of the flu in a single day **in New York alone**! As the death tolls rose, violence broke out. In San Francisco, where they had been assured previously that the flu would not reach, a Health Department inspector shot a man who refused to wear a mask. In Chicago, a worker shouted, "I'll cure them my own way!" and then cut the throats of his wife and four children. Headlines read: "Flu Five Times Deadlier Than World War." (18)

IN LESS THAN 3 MONTHS IT COVERED THE GLOBE



The world was not ready for what was still about to come. October saw the epidemic's full horror: more than 195,000 people died in America alone in that one month. According to W.H.O, the 1918 pandemic is considered one of the deadliest disease events **in human history**. By the time the flu was finished, an estimated 50 million people died worldwide. To put these numbers into perspective: the 1918 H1N1 flu killed as many as 25 **million** people in its first 25 WEEKS. In contrast, AIDS has killed 25 **million** people in its first 25 YEARS. It took less than one month to cover the entire United States, and less than 3 months to cover the globe. And that was in 1918! Can you imagine today, with our means of travel, how fast a virus could move?

Could this happen today?

Do you even remember the Avian Flu scare a few years back? It seems as though with this new epidemic on the rise, no one is talking much about the "Bird Flu" anymore. Like the Bird Flu, the 1918 Influenza was an avian flu virus that passed to humans after slowly mutating.

"When a young girl in Southeast Asia died of the Avian flu, a researcher took notice. Robert Webster of St. Jude Children's Research Hospital in Memphis has studied viruses for 40 years and says he has **never** seen the likes of one like the one that killed this girl. "This virus right from scratch is probably the **worst** influenza virus, in terms of being highly pathogenic [disease-producing], that I've ever seen or worked with," Webster says." [Including the 1918 Flu] Not only is it frighteningly lethal to chickens, which can die within hours of exposure, swollen and hemorrhaging, but it kills mammals from lab mice to tigers with **similar efficiency**." (19)

WHAT HAPPENS IF BIRD FLU MEETS SWINE FLU?

"Bird flu kills more than 60 percent of its human victims, but doesn't easily pass from person to person. Swine Flu can be spread with a sneeze or handshake, but kills only a small fraction of the people it infects. So what happens if they mix? This is the scenario that has some scientists worried: The two viruses meet - possibly in Asia, where bird flu is endemic - and combine into a new bug that is both highly contagious and lethal, and can spread around the world. Scientists are unsure how likely this possibility is, but note that the new swine flu strain - a never-before-seen mixture of pig, human and bird viruses - has shown itself to be especially adept at snatching evolutionarily advantageous genetic material from other flu viruses. "This particular virus seems to have this unique ability to pick up other genes," said leading virologist Dr. Robert Webster" (20)

"For an avian flu and a human flu to mix it up, they have to infect the same animal. Scientists have long considered the pig a likely mixing vessel, because pig cells have surface molecules that allow entry to both kinds of viruses. A pig could conceivably catch a human flu from a farmer and a bird virus from, say, ducks at the same farm. The two viruses could then "reassort", creating a hybrid that - in the worst case - would now be able to infect human cells while still carrying bird-virus genes that would make it radically new to the immune system of the people who catch it, and unusually virulent. (21)

POSSIBLY 20 YEARS TO EVOLVE

Ann Reid, a molecular biologist, has performed studies that indicate that the 1918 virus apparently evolved over a period of years before it matured into a virus strong enough to kill millions. The study speculates that the virus may have percolated in humans as early as 1900. So, it started almost 20 years before the pandemic actually broke loose.

"Every year, the world catches a new influenza virus. Many people become infected, and many die. But what made the 1918 pandemic so particularly deadly? Like other viruses, the influenza virus changes constantly. This mutation, or antigenic drift, normally causes only minor changes... However, as historical records dating from the 1700s show, every 10 to 40 years the world suffers a global flu pandemic, the result of a major antigenic drift. The virus mutates so much that the human body no longer recognizes it and is left defenseless. " (22)

"History tells us we are ready for another pandemic," says Kirsty Duncan, Spanish flu researcher and author of *Hunting the 1918 Flu: One Scientist's Search for a Killer Virus*. "In many ways we are even more vulnerable now than in 1918. We travel and tour the world more. You can travel from one continent to another in a matter of hours now. Someone unknowingly harboring a disease can

continued on page 29





are located. A weapon falling into the hands of militants is "the last thing we want," Panetta said.

End Time Perspective: "'Whereunto,' asked Christ, 'shall we liken the kingdom of God? or with what comparison shall we compare it?' Mark 4:30. He could not employ the kingdoms of the world as a similitude. In society He found nothing with which to compare it. Earthly kingdoms rule by the ascendancy of physical power; but from Christ's kingdom every carnal weapon, every instrument of coercion, is banished." {AA 12} "The Word must be our weapon of warfare." {Ev 489}



4. Time Magazine, June1, 2009--THE WORLD, page 17--"Recession Watch

If you're recently unemployed and worried about the cost of medication, Pfizer wants to help. The world's largest pharmaceutical firm announced plans to provide free one-year supplies of more than 70 of its most widely prescribed drugs--including Viagra and Liptor--to Americans laid off since Jan.1 who have been taking the drugs for at least three months. Sure beats sneaking them in from Canada.

End Time Perspective: " My dear friends, instead of taking a course to baffle disease, you are petting it and yielding to its power. You should avoid the use of drugs, and carefully observe the laws of health. If you regard your life, you should eat plain food, prepared in the simplest manner, and take more physical exercise. Each member of the family needs the benefits of health reform. But drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease." {CD 82}

Health Gem

continued from page 27

bring it from one country to another, passing the disease along to other travelers before they ever show signs of the disease." (23)

DEAD BEFORE THE SUN WENT DOWN

In March and April of 1918 the first Spanish flu (H1N1) was reported in Kansas and New York, and it was not very lethal. Neither is the Swine Flu ***so far***. The early reports of the 1918 flu sounded remarkably similar to those of a few weeks ago as the first cases of Swine Flu were being confirmed in the United States. In August 1918 a Times headline simply read "Spanish Influenza Found in 'Mild Form". **That same month**, the flu hit in a second wave that was so deadly, it killed before enough coffins could be made. People were up and fine in the morning and then dead before the sun went down, all over the world.

So, is the Swine Flu the same as the "regular" seasonal flu? Not even close. Do we have anything to worry about? There is no telling how this virus might mutate. This may be the next big pandemic, or it could just putter out. There is simply no way of telling. However, what we **can** do is give our bodies the correct nutrition and supplementation so that if this bug does come back with a vengeance this fall, we are prepared to meet it. "Those who cannot remember the past are condemned to repeat it."

How was Spanish flu defeated? Were vaccines effective? What can you do to prepare your body and mind in case of a deadly global pandemic? Stay tuned next month to find out!

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2. http://www.cdc.gov/flu/about/disease/index.htm
3 Are US flu death figures more PR than science?, British Medical Journal, 2005;331:1412 (10 December)
4. How do we know how many people die from flu each year? , http://scienceblogs.com/effectmeasure/2009/05/how_do_we_know_how_many_people.php , May 4, 2009
5. The Path of a Pandemic, Newsweek, May 18, 2009
6. Flu: The Story Of The Great Influenza Pandemic of 1918 and the Search for the Virus that Caused It , Gina Kolata
7. The American Experience: Influenza 1918, PBS Program Transcript
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9. A Letter from Camp Devens, Massachusetts, Dr. Victor Vaughn, 29 Sept. 1918
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22. Purple Death, The Great Flu of 1918, Perspectives in Health Magazine, Volume 8, Number 3, 2003
23. Purple Death, The Great Flu of 1918, Perspectives in Health Magazine, Volume 8, Number 3, 2003

Health Gem

Dr. Olson



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having early wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

Infulenza Part 3: Seasonal Flu vs. Swine Flu

How was Spanish flu defeated? Were vaccines effective? What can you do to prepare your body and mind in case of a deadly global pandemic? Last month I left off at these questions, and today I'll cover all this, and more!

Were Vaccines Effective At All?

So, how WAS the Spanish Flu ultimately defeated? Was there some wonder pill or vaccine that ended it?

At the height of the 1918 flu pandemic, acting Surgeon General, Dr. Victor Vaughn, reached a frightening conclusion. "If the epidemic continues its mathematical rate of acceleration," he announced, "civilization could easily disappear from the face of the earth within a few weeks."

"The death rate in Washington kept rising. A resolution shot through Congress, giving the Public Health Service a million dollars to fight the flu. Biochemists around the country worked feverishly to develop a vaccine. Hundreds were produced. Then, a researcher in Massachusetts came up with the most promising solution. Hopes rose: perhaps a cure was at hand. San Francisco's mayor wired for a huge shipment; a special envoy carried the vaccine across the country on the fleet Twentieth Century Express. Soon over 18,000 people in the city had been inoculated… <u>But the vaccines didn't help</u>. They thought it was caused by bacteria, so they made up a vaccine with the bacteria they thought was influenza.... But, you can't make a vaccine if you're looking at the wrong causative organism. They were on the wrong track; the influenza was caused by a virus." (1)



You'll note that before they knew if it worked or not, they were injecting this vaccine into thousands of people, giving them false hopes (and of course making money).

"Doctors gave out elixirs and vaccinated people against the flu, but to no avail. Crosby [an historian studying the flu of 1918] wondered about those flu vaccines. What was in them when no one knew what was causing the flu? He interviewed a doctor who had helped produce flu vaccines in 1918. The doctor, Crosby said, told him that the vaccines were **just a "soup" made of blood and mucus of flu patients that had been filtered to get rid of large cells and debris**. **<u>When they injected it into people's arms, their arms became sore "so they thought it really worked."</u>** (2)

This was a doctor, a medical doctor, saying this. Their arms became sore after the injection, so they "thought it really worked". **And the people lined up to be inoculated.** Why? Because the people ***trust*** the doctors and the vaccine-makers. They trust that they aren't just in it for a buck, but are actually there to help them.



What Can We Do?

So how **<u>did</u>** the Spanish Flu end? Sad to say, no one ever found an effective antidote, and the flu essentially killed until it could not kill anymore. Just as suddenly as it struck, the calamitous disease abruptly began to vanish. It essentially ran out of fuel and "burned out" so to speak, which can often happen to viruses. Fast forward to 2009, and the medical and scientific communities are on the edge of their seats hoping that the current Swine Flu will run out of fuel ***before*** **<u>it</u>** mutates and becomes more deadly. But no one can foresee the course the virus will take and how it may mutate, so all we can do is **<u>get ready</u>**.

So, the first question people ask is, "What can I do?" Usually followed closely by "Should I take the vaccine?" First, there are many things you can do to prepare for something like this. You can make sure your body and immune system are as strong as they can be through diet, exercise, lifestyle,

and supplementation. I know you have heard it all before but it bears repeating. If this virus becomes deadly, you will wish you had heeded the warnings and supplied your body the necessary requirements to fight the virus or prevent it from ever taking hold. What happens if the virus putters out and goes away? Your body will still be stronger, healthier, and you will generally feel better all over. So it's a win/win situation! Here are some ways to prepare your body to meet this mighty foe:



1. Get plenty of rest!

Try to get to bed by 9 p.m. or earlier if at all possible. Lack of rest can hinder the body's defense mechanisms and prolong infection. When you rest in bed, and especially when you sleep, **powerful immune-strengthening substances are released, enhancing the potency of immune functions.**

In addition, during deep sleep, the production of growth hormone is at its peak. Growth hormone speeds the absorption of nutrients and amino acids into your cells and aids the healing of tissues throughout your body. This hormone also stimulates your bone marrow, where your immune system cells are born. Melatonin, often called the "sleep hormone," is also produced during sleep. This hormone inhibits tumors from growing, **prevents viral infections (remember, the flu is a virus)**, stimulates your immune system, and has antioxidant properties.

So much of the body's healing occurs during the nighttime hours! It is **vital** to your health to get plenty of rest at night (especially between the hours of 8 pm and midnight). In fact, getting fewer than six hours of sleep each night increases your risk of contracting colds and the flu by a whopping **300 percent**! Start getting to bed early and you will feel the difference. It could quite literally, ***save*** your life!



2. Drink water, drink water, and when you're done… drink some more water.

What does water have to do with the **flu**? In order to stay healthy, the mucous membranes lining the respiratory tract must be kept hydrated. When they become dry, they offer a desirable breeding ground for viruses (such as the flu). A moist respiratory tract **repels** viral infections. So drink plenty of water throughout the day. Daily, you should try to drink half of your body weight in ounces. (For example, a 150 pound person needs 75 ounces per day). No coffee, black tea, or colas as they dehydrate the body and weaken the immune system. Which leads me to the next item:

3. Stop drinking coffee (and other caffeinated beverages)!

Contrary to recent marketing as a source of antioxidants, coffee, tea (other than herbal tea), colas, and chocolate are some of the worst things you can do for your immune system and your health. Caffeine **robs** your body of minerals and vitamins, and it **dehydrates** you – leaving you more vulnerable to infection. A vitamin and mineral-robbed immune system is a **weak** immune system, and you are much more likely to get sick.

If you do drink caffeinated beverages, there are still things you can do to try to counteract the damage they cause. (First, try to limit your intake of these products as much as possible). Also, make sure you add an additional two glasses to your water intake per cup of caffeinated beverage you drink. A high quality vitamin/mineral supplement such as **Mega Multi** will help to offset caffeine's damage, too.





4. Quit eating refined white sugar!!

If you do only **one** thing to boost your immune system, eliminating sugar should be it. When you stop eating refined sugar, you will see noticeable results in your energy levels, weight distribution, immunity, and your ability to think clearly. Many holistic nutritionists actually consider sugar a **drug** since it has such a dramatic impact on the human body!

Sugars depress the immune system, period. This limits the body's ability to kill bacteria and viruses (like the flu). In addition, blood sugar and vitamin C *compete* for entry into white blood cells. Which do you want to win?



To show how much sugar affects the immune system, consider this: eating or drinking 8 tsp. of sugar (the equivalent of one 12-ounce can of soda) can reduce the ability of white blood cells to kill germs by **forty percent**. The immune-suppressing effect of sugar starts less than thirty minutes after ingestion and may last for five hours. If only one can of soda can depress your immune system for 5 hours, think about people who drink a few sodas a day, or a couple 24 oz. bottles of soda per day. Just one 24 oz. bottle would be 10 hours of depressed immune function. Add in a cookie here, a piece of candy there, or any number of sweet treats – and you are living with a **constantly depressed immune system.**

Healthier sugars such as agave and stevia exist, but even natural sugars should be taken in moderation. Avoid ***artificial*** sweeteners such as Aspartame (NutraSweet or Equal), Saccharin, Sucralose (Splenda), etc.; they are more toxic than cane sugar!

6. Quit Smoking!

Obviously, anything that weakens the lungs will make the flu a more dangerous foe. Research shows smokers face a higher risk of flu infections and flu mortality (death from the flu) than nonsmokers, so smoking cessation is **essential in preventing the flu**. If you've been planning on quitting, but just haven't taken that final step, now is the time. You don't want to still be smoking when this flu season hits. It may be the difference in ***your*** life or death!

6. Quit Drinking Alcohol!

Alcohol can depress the body's immune system in many ways. First, drinking alcohol produces an overall nutritional deficiency, depriving the body of valuable immune-boosting nutrients. This is the **last** thing you need coming into what could be the next big pandemic. Second, alcohol, like sugar, can **directly lead to a weakened immune system** by reducing the ability of white blood cells (B-cells and T-cells) to kill germs. B-cells and T-cells (the most abundant lymphocytes – immune system "soldiers") are essential for fighting foreign microorganisms that cause infections, bacteria, and viruses. In people who drink, the activity of these lymphocytes is **suppressed**, leading to a higher risk of infection and disease.

7. Talk to your doctor if you are taking immunosuppressant drugs!

The main problem with immunosuppressants, is that they **suppress** the immune system! Not surprisingly though, since that is what they are **supposed** to do. Unfortunately, modern immunosuppressant drugs are not *specific*, meaning they suppress **ALL** of the immune system, leaving the patient vulnerable to a variety of infections that would normally be prevented by the immune system. Patients taking immunosuppressant medications are thus often called immuno-*compromised* (i.e. their immune system is compromised) and are at risk for numerous complications. These are usually given for auto-immune disorders (such as: Crohn's disease, eczema, lupus, rheumatoid arthritis, etc.) or to prevent transplant rejection. Check with your doctor if you are on an immunosuppressant drug to find out if there are other options for you.



8. Don't take antibiotics unless you absolutely have to!

Taking antibiotics before a swine





flu infection greatly increases your risk of being killed by swine flu. How do we know that? Because antibiotics wipe out the friendly flora that have been scientifically proven to boost the body's defenses against influenza!

While the above information was mostly related to things you ***shouldn't*** do, here are some things that you **should** do that can help to boost your immune system and help prevent or fight the Swine Flu:

9. Eat lots and lots of raw fruits and vegetables!

Fruits and veggies are high in antioxidants, vitamins, minerals, fiber, and enzymes. The nutritional content that you receive from **raw** fruits and veggies is **unparalleled**. Many vitamins are also antioxidants that protect cells of your immune system from damage by toxins in the environment. Natural foods that are high in antioxidants such as vitamins A, C, E, B-6, folic acid, and zinc are particularly beneficial in supporting the immune system. Kiwi, oranges, grapefruit, cantaloupe, spinach, broccoli, strawberries, blueberries, carrots, bell peppers, cauliflower, and sweet potatoes are full of antioxidants and are fantastic for your immune system. Dark-colored produce (berries, kale, broccoli) tend to be higher in flavonoids and are powerful immune stimulators. Lemons are the ideal food for restoring acid-alkali balance. Drinking freshly squeezed lemon juice in water helps maintain the body's internal "climate" at a healthy pH. A balanced pH supports *healthy* bacteria **instead** of the harmful bacteria and viruses that thrive in a more acidic environment. Regularly eating fresh fruits and vegetables is one of the **best** ways to naturally boost your immune system! If you do not eat, or cannot tolerate, many fruits and vegetables, try our nutrient rich Fruitilicious or Living Green Energy, to supply your body with **whole food nutrients**.



10. Spend some time outside in the fresh air and sunshine!

Exercise can make a noticeable difference to your health *and* happiness. Just 20-30 minutes of exercise daily outside in the fresh air (preferably in the sunshine) will help expel toxins and boost the immune system to fight infections. It will also help increase draining of the lymphatic system, which in turn, expels toxins. Only 10 minutes in the **sunshine** is enough to boost the immune system and help prevent both bacterial and **viral** infections from taking hold. One way it does this is by boosting white cell-building in the blood. White blood cells are the immune system's "army". The more "soldier" cells you have, the more ability your body has to fight and prevent infections!

11. Get plenty of Vitamin D – especially if you suffer from asthma or other respiratory-related illnesses!

If you're obeying #2, and getting out in the sunshine, hopefully you'll be getting plenty of vitamin D. However, if you aren't able to get enough, you can always complement with a high-quality Vitamin D supplement.

"In a study published in the Archives of Internal Medicine, researchers analyzed information on vitamin D levels and respiratory infections from nearly **19,000** adults and adolescents who participated in the Third National Health and Nutrition Examination Survey (NHANES III) from October 1988 to October 1994. The results showed those with the **lowest** vitamin D levels (less than 10 nanograms per milliliter of blood) were **36% more likely** to report having a recent upper respiratory tract infection than those with higher levels (30 ng/mL or higher)." (3)

"The findings of our study support an important role for vitamin D in prevention of common respiratory infections, such as colds and the flu," says researcher Adit Ginde, MD, MPH, of the University of Colorado, Denver, Division of Emergency Medicine, in a news release. "Individuals with common lung diseases, such as asthma or emphysema, may be particularly susceptible to respiratory infections from vitamin D deficiency." (3)

This association persisted during all four seasons and was **even stronger** among those with a history or asthma





or chronic obstructive pulmonary disease (COPD). For example, people with asthma with the *lowest* vitamin D levels were **five times more likely** to have had a recent respiratory infection. Among those with COPD, recent respiratory infections were **twice as common** among those with lowest vitamin D levels." (3)

12. Relax and be happy!

Stress slows the healing process and weakens the immune system, which will lengthen healing time. Our bodies respond to our emotions - if you're feeling harassed and anxious, it can manifest in a sore throat or a cold. Prayer and Bible study can relax your mind and improve your health! Giving thanks to God for the blessings and abundance in your life and of the world around you helps! Think positive thoughts!! Pay attention to warning signs of sore throat or exhaustion so you can keep them from getting worse. Remember: A merry heart doeth good like a medicine (Proverbs 17:22). When you're **happy**, you're far less likely to get **sick**!

13. Give your body an herbal boost.

Many herbal products exist to give the immune system the additional support it needs during the flu season (or any time your immune system is compromised). If you have followed the H1N1 virus at all, you have probably seen that most doctors will be recommending Tamiflu, an antiviral medication. Countries have already begun stockpiling this drug and don't even mention *natural* anti-virals (But why would they? There would be no money in it for them!). But the world is **full** of natural anti-viral medicine! It's found in tens of thousands of different plants. Culinary herbs like thyme, sage, and rosemary are anti-viral. Garlic, ginger, and onions are anti-viral. Berries and sprouts are anti-viral. And because these anti-viral plants contain literally **thousands** of different medicinal compounds, they are able to attack viruses with a full spectrum of synergistic natural medicines. Thus, even mutating viruses find themselves unable to escape the all-around medicinal cocktail of antiviral plants.



Here are some products that I have personally studied, taken, and highly recommend:

To help prevent an infection and boost immune system overall, I like:

C-Blast – This is a whole food Vitamin C blend (which is much stronger than commercial synthetic Vitamin C products). C-Blast will give your immune system the boost it needs to fight off infections.

Acerola Chews – For children, or adults, who don't like to swallow pills, this is a delicious chewable form of Vitamin C. Tastes great and gives your immune system a kick!

Mighty Immune Plus – If you don't like pills: swallowable or chewable, this product is perfect for you. Mighty Immune Plus is an amazing liquid blend of over 200 vitamins, minerals, herbs, and nutrients that will help to boost the immune system and prevent infections.

For natural anti-viral options, try:

Ultra Fighter – Whenever I feel something coming on, I reach for Ultra Fighter. Known as a natural antibiotic and "anti-everything." This one fights all infections, whether the cause is viral (such as flu), bacterial (such as pneumonia), or fungal.

Anamu – Especially helpful for serious immunodeficiency disorders, Anamu helps boost the immune system to fight against foreign, harmful, and damaging organisms and particles. Also helps kill viruses and bacteria! Great for colds and the flu!

Odorless Garlic – An extremely potent natural anti-viral, garlic is an invaluable tool against viruses such as the Swine Flu.

For congestion in the lungs:

Congesta-Clear – This product works quickly and effectively. When the infection is deep and congestion is present, some people may experience relief in as little as 15 minutes.

Stay tuned next month for the conclusion of the Flu series, and to find out the truth about Tamiflu and Swine Flu vaccines!

1. The American Experience: Influenza 1918, PBS Program Transcript

2. Flu: The Story Of The Great Influenza Pandemic of 1918 and the Search for the Virus that Caused It, Gina Kolata

3. Low Vitamin D Levels Linked to Colds: Study Shows Vitamin D May Have a Role to Play in Preventing Colds and Flu, http://www.webmd.com/cold-and-flu/news/20090223/ low-vitamin-d-levels-linked-to-colds

Health Gem

Dr. Olson

Infulenza Part 4: The Facts on Tamiflu and Swine Flu Vaccine



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having early wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

Last month I mentioned several natural ways you can boost your immune system to get ready for this coming flu season (and possibly the Swine Flu), but you're still concerned. You say, all of that is wonderful, but why not at least *try* **Tamiflu**? What about a swine flu **vaccine**? If one is offered, should I take it? Ok, let's take a better look at this "wonder" drug, Tamiflu:

"UNUSUAL" BEHAVIOR

"First approved by the FDA in 1999, Tamiflu was touted as a drug that could *significantly* reduce the length and severity of influenza. These claims even prompted the U.S. government to purchase 20 million doses of Tamiflu—at a cost of $2 billion—in the event that a bird flu pandemic occurred. The Pentagon followed, paying a whopping $58 million in July, 2005, for treatments of U.S. troops around the world. However, problems with Tamiflu began to surface in 2004. It was thought that the drug... was causing some of its users to manifest very unusual behavior. For example, during the 2004 and 2005 flu seasons, two teenage boys committed suicide within hours of taking Tamiflu. The 17-year-old jumped in front of a large truck on a busy road after walking outside his house barefoot and in pajamas during a snowstorm. The 14-year-old jumped to his death from the balcony of a ninth-floor flat. Later, a teenage girl was narrowly prevented from jumping to her death from a window within days of starting a course of the flu drug. By November, 2005, it had been reported that 12 Japanese children had died while on the drug and that others had experienced hallucinations, encephalitis, and other symptoms." (1)





NO WARNING FROM THE FDA

"Despite these alarming reports, the FDA voted not to issue a warning about the drug's potential for causing abnormal behavior. Instead, the FDA chose to warn of Tamiflu's potential for producing skin rashes. It wasn't until reports surfaced of more than 100 new cases of delirium, hallucinations, and other abnormal psychiatric behavior in children treated with Tamiflu that the FDA changed course and added a warning label in November 2006." (1)

Read this part carefully: "Over the years, the FDA has been accused of causing high drug prices, keeping life-saving drugs off the market, allowing unsafe drugs on the market because of pressure from pharmaceutical companies and censoring health information about nutritional supplements and foods. One such critic is Dr. David Graham, Associate Director for Science and Medicine and a **senior drug safety researcher at the U.S. Food and Drug Administration (the FDA).** In his estimation, the FDA is "responsible for 140,000 heart attacks and 60,000 dead Americans. That's as many people as were killed in the Vietnam War." His words offer an insider's perspective on the fatal role he believes the FDA played in thousands of heart attacks and deaths caused by the pain medication Vioxx—a medication the FDA approved and initially failed to warn of its potential effects. Indeed, the Vioxx debacle was brought to America's attention when Congress was presented with evidence showing that among the estimated 20 million users of Vioxx, **hundreds of thousands had died or suffered heart attacks as a result of taking the drug**… Yet as Graham has pointed out, "Rarely will they keep a drug from being marketed or pull a drug off the market."…The pharmaceutical companies also bear the responsibility—and the blame—for unsafe drugs being approved and

put out on the market. "The FDA assumes the drug is safe and now it's up to the company to prove that the drug isn't safe," remarked Graham. "Well, that's a no-brainer. **What company on earth is going to try to prove that [their] drug isn't safe?"** It should come as no surprise that the pharmaceutical companies have the federal government in their hip pocket.

AMERICANS AND CONGRESS SHOULD BE SCREAMING BLOODY MURDER

According to a 2005 report from the Center for Public Integrity, "The pharmaceutical and health products industry has spent more than $800 million in federal lobbying and campaign donations at the federal and state levels in the past seven years." In fact, **no other industry has spent more money** to sway public policy during that period… With an estimated 200,000-plus people dying every year from prescription drugs, Graham believes "**Americans and Congress should be screaming bloody murder.** They should be beating on the doors of the FDA demanding change." (1)

With the deaths of the children in Japan, it should come as no surprise that there are physicians beginning to stand up in protest. "The anti-Tamiflu forces in Japan are led by Dr. Rokuro Hama, an epidemiologist and internal medicine specialist who heads the Japan Institute of Pharmacovigilance, a medical industry watchdog. Hama believes that Tamiflu can **directly** cause temporary neurological disorders in a small percentage of users — especially young people. That can



lead to abnormal behavior, such as a seemingly happy, healthy teenager suddenly deciding to leap off a high-rise apartment building. **"There is no possibility whatsoever" that there could be another cause behind the Tamiflu deaths,** says Hama. **"Ultimately it should be taken off the market."** " (2)

WHAT DOES TAMIFLU ACTUALLY DO?

If it wasn't bad enough that Tamiflu causes deadly side effects and it is still on the market, 3 cases of swine flu have now proven resistant to Tamiflu (3) (4) – with more cases suspected resistant, yet it is still being recommended for almost everyone as a preventative or in case of actual swine flu infection. And for the people it does "work" for, **what does it actually do?** According to Roche's (the manufacturer of Tamiflu) own website it says if the Tamiflu is taken within 48 hours of the onset of symptoms: it **may** be able to reduce the length of illness by **about a day**. Keep in mind, along with the "normal" potential side effects like nausea, fever, vomiting (sounds kind of like the flu, doesn't it?), Tamiflu carries a couple serious/life-threatening potential side effects as well: hepatitis and Stevens-Johnson syndrome (a life-threatening condition in which the skin blisters and sloughs off – has been called a type of "flesh eating" disease).



So if you're asking me… I would rather have one extra day of the flu than to suffer potentially life-threatening side effects. Plus, whenever I'm considering taking a drug, the questions I like to ask are: **1.** Who is saying that the drug (Tamiflu, swine flu vaccine, or fill-in-the-blank) works? And, **2.** Can you trust that person/establishment?

DO YOUR HOMEWORK AND MAKE AN INFORMED DECISION

So, who is saying (and will be saying) that Tamiflu and the swine flu vaccination work? Why, the companies selling them, of course! Can we trust them? Well, in the past, drugs have been "proven" safe and effective, only later to show that they were not only ineffective, but also completely unsafe, with some being downright **deadly**. So do your homework and make an *informed* decision. Don't just take a drug "because the doctor says it's okay". The doctor said it was okay to take **Vioxx**, and you see how that turned out! The doctor usually only tells you whatever the drug representative from the drug manufacturer has told him. Think about it, take some time to research if you need to, and make your own informed decision as to what drugs you will take.

As far as the vaccine is concerned, I would suggest that you look at history



and the facts and make that choice yourself. Keep in mind: vaccines are **only useful against the specific viral strain that was available at the time of their manufacture.** But influenza viruses mutate quickly, and as the WHO has already said, the real concern with H1N1 swine flu is that it will combine with seasonal flu (or heaven forbid, the Avian flu) in the fall, creating a new, deadly strain that will, of course, be immune to all available vaccines. If they are worried about the strains mixing in the fall, how would it even be **possible** to have a vaccine ready now?

Previous Flu Vaccines:

- **1918 Swine Flu** – An H1N1 virus – Doctors recommended "vaccines" (who knows what was in them, yet they were still given) – They were completely ineffective. (5) The virus killed between 30-100 million people worldwide.
- **1976 Swine Flu** – "In February 1976, an outbreak of swine flu struck Fort Dix Army base in New Jersey, killing a 19-year-old private and infecting hundreds of soldiers. Concerned that the U.S. was on the verge of a devastating epidemic, President Gerald Ford ordered a nationwide vaccination program at a cost of $135 million (some $500 million in today's money). Within weeks, reports surfaced of people developing Guillain-Barré syndrome, a **paralyzing** nerve disease that can be caused by the vaccine. By April, more than **30 people had died** of the condition. Facing protests, federal officials abruptly canceled the program on Dec. 16. The epidemic failed to materialize." (6)
- **July 2005** – People can now file a claim for side effects from flu shot: "Flu vaccination can cause serious problems, such as severe allergic reactions, stroke, brain damage, encephalopathy, and/or coma. As of July 1, 2005, people who think that they have been injured by the flu shot can file a claim for compensation from the National Vaccine Injury Compensation Program (VICP)." (7)
- **Avian Flu February 2009** – In what was called a **"serious error"**, drug manufacturer Baxter International Inc. sends out Avian Flu vaccines that are tainted with **live** Avian flu virus. (8)

THE FDA DOES NOT TEST DRUGS

Remember, drug companies are cleverly disguised ***marketing*** machines. It is their job to **sell**, not **heal**. And if you think the FDA is watching out for you, think again. According to the FDA's own website, the "FDA does not develop, manufacture or ***test*** drugs. Drug manufacturers *submit reports* of a drug's studies so that the Center can ***evaluate*** its data." (9) So, the drug company gives the FDA the data that supports the drug (after all, they are trying to get it approved to **sell**), and the FDA just reviews it. If information is omitted, the FDA may pass a dangerous drug unknowingly. Don't let the commercials, news stories, or advertisements fool you. Do your homework, and be informed, so if need be, you will be able to stand up and refuse to be drugged, even if everyone around you is giving in, ***convinced*** that they need it!

Before you say, "But ***my doctor said***…", let's look at what "doctors" have recommended in the past:

Cocaine:

Lloyd Cocaine Toothache Drops Ad: " *'Instantaneous Cure! Price 15 Cents. For sale by all Druggists. Cocaine is the new anesthetic now used so extensively throughout Europe and this country by Physicians, Surgeons and Dentists. This preparation of Toothache Drops contains Cocaine, and its wonderful properties are fully demonstrated by the many recommendations it is daily receiving. Take no other except Cocaine Toothache Drops. Prepared by the Lloyd Manufacturing Co., 219 Hudson Ave., Albany, N.Y.'* In the US, cocaine was sold over the counter until 1914, and was commonly found in products like toothache drops, dandruff remedies, and medicinal tonics." (10)



Heroin:

Smith Glyco-Heroin Ad:

"A mixture of heroin and glycerin. *'No other preparation has had its therapeutic value more thoroughly defined or better established.'*" (10)

More thoroughly defined or better established? Just like Vioxx and Tamiflu are safe…

Bayer Heroin Ad:

"Heroin. The sedative for coughs. You will have to call for them. Order a supply from your Jobber.' From 1898 through to 1910, heroin was marketed as a cough suppressant by trusted companies like Bayer -- alongside the company's other new product, Aspirin." (10)

"By 1899, Bayer was producing about a ton of heroin a year, and exporting the drug to 23 countries. The country where it really took off was the US, where there was already a large population of morphine addicts, a craze for patent medicines, and a relatively lax regulatory framework. Manufacturers of cough syrup were soon lacing their products with Bayer heroin. "It possesses many advantages over morphine," wrote the Boston Medical and Surgical Journal in 1900. "It's not hypnotic, and there's **no danger of acquiring a habit.**" But worrying rumors were surfacing. As early as 1899, researchers began to report patients developing "tolerance" to the drug, while a German researcher denounced it as "an extremely dangerous poison". By 1902 - when heroin sales were accounting for roughly five percent of Bayer's net profits - French and American researchers were reporting cases of "heroinism" and addiction." (11)

"The bandwagon took time to stop. Between 1899 and 1905, at least 180 clinical works on heroin were published around the world, and most were **favorable**, if cautious. In 1906, the American Medical Association approved heroin for medical use, though with strong reservations about a "habit" that was "readily formed". (11)

Finally, in 1924, the Heroin Act makes manufacture and possession of heroin illegal. Unfortunately, by that year, "**98 percent** of New York's drug addicts were thought to be heroin addicts." (11)



Morphine:

Mrs. Winslow's Soothing Syrup Ad:

"Contained 65 mg of morphine per fluid ounce. ***'For children teething.'***" (10) *{Note: Average dose is 10 mg for a 140 lb. adult.} "In non-tolerant **adults**, doses greater than 100 mg administered orally are toxic". (20)*

Quaaludes:

Quaalude-300 (Brand name for the now-illegal sedative methaqualone.) ***Ad:*** *"Now the physician has one less tired, sleepy and apprehensive patient to contend with."* (10)

Cigarettes:

Dr. Batty's Asthma Cigarettes Ad:

"For the temporary relief of paroxysms of asthma.



Effectively treats: asthma, hay fever, foul breath, all diseases of the throat, head colds, canker sores, and bronchial irritations. ***Not recommended for children under 6.***" (10)

Children under 6?! That means they were *recommended* for children over 6! Helps with foul breath, diseases of the throat, and asthma? He **was *"batty"***, along with all the other health practitioners recommending "cigarette treatment".

Chloroform:

Kimball White Pine and Tar Cough Syrup with Chloroform

Until 1976, chloroform was used in consumer products like cough syrup, toothpastes, ointments and other pharmaceuticals. (10)

Marijuana:

Cosadein Ad:

"A valuable brain tonic, and a cure for all nervous affections -- sick head-ache, neuralgia, hysteria, melancholy." This cough remedy contained, among other things, codeine, chloroform, and cannabis (marijuana). (10)

As you're deciding about what treatment you will take, keep in mind that "medicine" changes over the years and the drugs that doctors once confidently stood behind have ended up being disastrous and deadly. And, remember, not **all** doctors are recommending vaccines anyway.

There are many doctors who boldly oppose the use of vaccines, whether for the flu or other:

"Take the profit out of the manufacture and administration of serums and vaccines and they would soon be **condemned even by those who are *now* using them**»
- George Starr White M.D. (21)

"The only safe vaccine is a vaccine that is never used."
- James A. Shannon, M.D. (21)

Swine Flu 2009 Vaccine Timeline:

- **April 27:** Drug companies say it will take 6-8 months to develop an effective vaccine. (13)
- **April 30:** "There is **no** vaccine currently that exactly matches the swine flu. The seasonal flu vaccine **is not** effective against swine flu, said Richard Besser, **acting head of the CDC.**" (14)
- **May 6:** The Obama administration is considering an unprecedented fall vaccination campaign that could entail giving Americans **three** flu shots" (15) Drug companies (who happen to stand to profit from the sales of vaccines) are pushing for this, even though: 1. This has never been done. 2. An effective vaccine has not even been produced. 3. Possible side effects of doing this are not even **known** at this point.
- **June 12:** *Miraculously only **one and a half** months later:* "Swiss pharmaceuticals company Novartis AG said Friday it has successfully produced a first batch of swine flu vaccine weeks ahead of expectations… The announcement comes **a day after** the World Health Organization declared swine flu… a pandemic." (16) Wow! Is that perfect timing or what? Does this sound a bit fishy to you?
- **June 13**: "Specialty drug maker **Baxter International Inc.** (see Avian Flu bullet point above) says it's in **"full scale" production** of a swine flu vaccine that will be commercially available in July." (17)
- **June 27**: "According to officials, an unprecedented **600 million** doses of swine flu vaccine may be given this fall even though officials have not yet developed a way to administer such a large number of shots… Tracking the vaccination side effects will also prove to be a difficult task. If both the swine flu vaccination, and the seasonal flu shot are given at the same time, it will likely cause issues determining which side effects are from which vaccination. This issue previously arose in 1976, when officials vaccinated for swine flu. Over 500 of those receiving the vaccinations came down with Guillain-Barre Syndrome, a paralyzing autoimmune disorder. Researchers **still** do not know what caused the side effect." (18)
- **Fall/Winter 2009 – What will you choose?**

I know time has passed and we seem to be in a lull from the swine flu - especially in the media. This was to be expected. Don't let your guard down and forget about the deadly potential of this bug. According to Michael T. Osterholm, Director, Center for Infectious Disease Research and Policy at the University of Minnesota, "An influenza pandemic of even *moderate* impact will result in the ***biggest single human disaster ever*** - far greater than AIDS, 9/11, all wars in the 20th century, and the recent tsunami combined. It has the potential to **redirect** world history as the Black Death redirected European history in the 14th century." (19)

THE GREATEST PRESCRIPTION IS A SAVING RELATIONSHIP WITH JESUS

One last (but no less important) note: I realize I have outlined many things here you can do to be prepared for the flu if it hits in pandemic proportions this fall, however, if it ever gets so severe that people who are infected in the morning are dead by evening, there is one thing that is more important than anything else: you **must** have a personal relationship with our Savior, Jesus Christ, and share His love with others so they can be prepared as well. You and your family can have a peace that few others will possess. You can be assured that regardless of the outcome, you will all be together again one day with Him in heaven, where there will be no more sickness, sadness, or death. And this is something that you can know every day, regardless of what is going on in the government, the economy, or whether or not there is a pandemic, etc. While the swine flu is dangerous, none of us are promised tomorrow. At any time, our life on this earth may end, whether it is the swine flu or a car accident. Give your heart to Christ and you will have nothing to fear, now or ever.

Health Gem ***Continued on page 30***



Health Gem *Continued from page 27*

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